In the Claims:

Please cancel claim 1.

Please add the following new claims.

41. An implantable device comprising:
first and second anchor plates sized to be positioned within an intradiscal section between adjacent vertebra, the first and second anchor plates not being coupled to each other, each anchor plate comprising a plate member and a plurality of anchoring elements extending substantially vertically from the plate member which do not include threading for screwing the anchoring elements into the vertebrae, a distal portion of the anchoring elements comprising a lumen extending longitudinally within the anchoring elements from a distal end of the anchoring elements, the anchoring elements being introducable into an end plate of one of the adjacent vertebrae to secure the anchor plate to the vertebrae; and
an intradiscal component positioned between and in contact with the first and second anchor plates.

42. An implantable device according to claim 41, wherein an interior lumen surface of the anchoring elements is rough.

43. An implantable device according to claim 41, wherein at least one of the anchoring elements includes a lumen at least 0.5 mm in diameter.

44. An implantable device according to claim 41, wherein the anchoring elements have piercing distal ends such that the anchoring elements are capable of piercing an end plate of a vertebrae which does not already have holes for the anchoring elements.

45. An implantable device according to claim 41, wherein the anchoring elements have beveled distal ends.

46. An implantable device according to claim 41, wherein the intradiscal component is not coupled to either the first or second anchor plates.

47. An implantable device according to claim 46, wherein the intradiscal component is an artificial disc.

48. An implantable device according to claim 47, wherein the artificial disc comprises a nucleus having opposing convex surfaces.

49. An implantable device according to claim 47, wherein the artificial disc comprises a nucleus having opposing convex surfaces and a side of each of the first and second anchor plates opposite the anchoring elements has a concave surface which is adapted to contact a convex surface of the artificial disc.

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50. An implantable device according to claim 41, wherein the intradiscal component is coupled to either the first or second anchor plates.

51. An implantable device according to claim 50, wherein the intradiscal component is an artificial disc.

52. An implantable device comprising:

first and second anchor plates sized to be positioned within an intradiscal section between adjacent vertebra, the first and second anchor plates not being coupled to each other, each anchor plate comprising a plate member and a plurality of anchoring elements extending substantially vertically from the plate member which do not include threading for screwing the anchoring elements into the vertebrae, a distal portion of the anchoring elements comprising a lumen extending longitudinally within the anchoring elements from a distal end of the anchoring elements, the anchoring elements being introducable into an end plate of one of the adjacent vertebrae to secure the anchor plate to the vertebrae; and

at least two spacer elements which are not coupled to each other, the spacer elements being removeably coupled to opposing sides of the first and second anchor plates to keep the first and second anchor plates in a spaced apart relationship.

53. A kit for forming an implantable device for insertion into an intradiscal section between adjacent vertebrae, the kit comprising:

first and second anchor plates sized to be positioned within an intradiscal section between adjacent vertebra, the first and second anchor plates not being coupled to each other, each anchor plate comprising a plate member and a plurality of anchoring elements extending substantially vertically from the plate member which do not include threading for screwing the anchoring elements into the vertebrae, a distal portion of the anchoring elements comprising a lumen extending longitudinally within the anchoring elements from a distal end of the anchoring elements, the anchoring elements being introducable into an end plate of one of the adjacent vertebrae to secure the anchor plate to the vertebrae.

54. A kit according to claim 53, wherein an interior lumen surface of the anchoring elements is rough.

55. A kit according to claim 53, wherein at least one of the anchoring elements includes a lumen at least 0.5 mm in diameter.

56. A kit according to claim 53, wherein the anchoring elements have piercing distal ends such that the anchoring elements are capable of piercing an end plate of a vertebrae which does not already have holes for the anchoring elements.

57. A kit according to claim 53, wherein the anchoring elements have beveled distal ends.

58. A kit according to claim 53, wherein the kit further comprises an intradiscal component.

59. A kit according to claim 58, wherein the intradiscal component is not coupled to either the first or second anchor plates.

60. A kit according to claim 53, wherein the kit further comprises an artificial disc which is not coupled to either the first or second anchor plates.

61. A kit according to claim 60, wherein the artificial disc comprises a nucleus having opposing convex surfaces.

62. A kit according to claim 60, wherein the artificial disc comprises a nucleus having opposing convex surfaces and a side of each of the first and second anchor plates opposite the anchoring elements has a concave surface which is adapted to contact a convex surface of the artificial disc.

63. A kit according to claim 53, wherein the kit further comprises at least two spacer elements which are not coupled to each other, the spacer elements being adapted to be coupled to opposing sides of the first and second anchor plates to keep the first and second anchor plates in a spaced apart relationship.

64. A kit according to claim 53, wherein one of the first or second anchor plates further comprises an intradiscal component.

65. A kit according to claim 64, wherein the intradiscal component is an artificial disc.